THE NOE VALLEY VOICE

—All My Supes-

City Elections Go Into Re-runs

By Melinda Breitmeyer

If you were on vacation last month, it may have escaped your attention that the district system of electing city supervisors was repealed by a squeaky-close margin on Aug. 19. But as we went to press, district elections zealots were already bouncing back to put the issue before the voters again in November.

Just over 50 percent of an extremely low turnout of voters passed the repeal in the off-season special election. Election officials attributed the lowest turnout in a San Francisco election in 50 years to the summer timing and singleissue nature of the election.

Less than 35 percent of eligible voters went to the polls, which meant that the measure was passed by only 17 percent of the city's electorate.

District 5 Supervisor Harry Britt likened the repeal election to a "Latin American coup where the right-wing generals sneak in and seize the palace in the middle of the night."

District 5, with over 16,000 voting, had the largest turnout of any district in the city, voting overwhelmingly against district election repeal by 72 to 28 percent. Voters in four other districts also said no to the measure, but this was counteracted by yes votes in the so-called "golden crescent," which includes the conservative southern and western areas of the city, and Pacific Heights and Russian Hill.

The effects of the repeal will be immediate. This November all 11 supervisor seats will be up for grabs on a citywide hasis. Dozens of new candidates are joining the race in what will undoubtedly be a lengthy ballot.

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Oddly enough, this denizen af Noe Valley is a specimen of flora, not fauna. Nicknamed the "Cabra" plant, this Darlingtonia California generally graws in serpentine rack seeps in the mauntoins of extreme northern California, feeding an insects that get trapped in its "mouth," an apening at the bottam of its bulbous head. It is just one of the eorthly delights we discovered in an exploration of area gardens. See story an pages 8-9.

Mission Cultural Center Caught In Crossfire

By Jeanne Loveless

Can this community center be saved? That's the question on the minds of many Mission District residents and merchants who have chosen sides in a raging debate over the role of the city-supported Mission Cultural Center (MCC) at 2868 Mission St.

The center houses one of five neighborhood arts programs established by the San Francisco Arts Commission three years ago. Since that time, it has not only offered exhibits, educational and vocational workshops, and recreational activities, but also provided an outlet for the sometimes controversial activities of a number of political action groups.

The storefront, located between 24th and 25th Streets, has a ringside seat for the regular weekend clashes between neighborhood youth and police. And some neighbors see it as an attractive haven for would-be vandals as well as a staging camp for radical politicos.

Suffering the fate of similar city programs, the Mission Cultural Center has been forced to accept a smaller budget with each succeeding year, and last month it had to swallow more had news. The Fire Inspector informed the Arts Commission that the Mission center, along with three other arts centers in the city, was unsafe for occupancy by more than 49 people.

The inspector's finding came as a harsh blow to Oscar Maciel, who last month replaced his hrother Alfonso Maciel as director of MCC. He said the attendance restriction was already cramping the center's fundraising capabilities.

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Staying Alive with the Jive Ninety-Five

By Melinda Breitmeyer

Choasing a disc jackey to wake up to is a sensitive personal decision. Who are you going to trust with your early morning crankiness? The following will be a familiar scenario for those who've awakened to Noe Valley's own Stephen Capen, KSAN disc jockey from 6 to 10 o'clock weekdoy mornings.

Tune In

Brrrnnngggg! The alarm goes off. You strive to remain safe in the arms of unconsciousness.

Bright fragments of early moming dreams swirl inside your head. But your alarm pursues its grim destiny and shreds those dreams as if they were high security documents in the wrong government office.

Unwillingly, you cross the threshold from fantasy to reality. Making an effort to focus, you grope your way to the radio dial to tune in 95 FM. Somehow you know the waves on that frequency will prod your sleep-deadened brain back to life.

The sinister sounds of minor chords and a heavy bass drum assault your drowsy sensibilities. The Rolling Stones

doing "Satisfaction." Perhaps a hit much to take at this hour, but the tune's familiarity is somehow soothing.

A big, deep voice comes on, a welcome sound to your ears. It's Steve Capen, your morning muse, jester and agent provocateur. It's a friendly voice, not demanding or pushy, with an easy laugh for punctuation.

Capen is announcing the last cut. He gives the time in standard deejay fashion. As you note it, becoming aware of space and time and the need to manipulate them, you wonder, why's Capen being so straight this moming? Where's his usual humor? You need his humor, you can't face with day without it, you—but wait a second...

An announcer has come on doing a commercial for some place called "The Spectacle Store" You're half-listening to the glossy, well-modulated voice over a Muzak background, hut suddenly you begin to pay attention.

"...What kind of spectacle would you like to see? Lions eating Christians? A gang fight? A nuclear halacaust? Whatever it is, we've got it at The Spectacle Store. Whatever it is you never wanted to see, we'll make it happen

Continued an Page 5



Steve Capen, KSAN morning deejay, shows off his "no hands" approach to radio.

Editorial

Get Your Gonzos Out

It's a fact of physiology that if you don't exercise a muscle it will atrophy. You can "use it or lose it." This applies to your neighborhood newspaper as well as your triceps.

Your participation is important to keeping The Noe Valley Voice fit and useful, and you need to work out only once a month.

We have a forum in which you can exercise your communication talents. We call it "Community Crosstalk." With up to 500 words, you may rile or praise your supervisor, mayor or local organization. Acknowledge a good neighbor. Write a love song to a stranger or issue a call to political action. The deadline for contributions is the 15th of the month. Our office is located at 1021 Sanchez St., 94114.

"Community Crosstalk" can be your voice. Just put on your warm-upsuit and plug in your typewriter.

The Commercial Commerc

THE NOE VALLEY VOICE

1021 Sanchez Street San Francisco 94114

The Noe Valley Voice is an independent community newspaper published monthly except for January and July. It is distributed free in Noe Valley and vicinity.

EDITORIAL 821-3324

DISTRIBUTION 648-1913

ADVERTISING 239-1114 or 282-8434

Ad Deadline for October 1980 Issue is Sept. 18

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Re-runs

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But district advocates are not giving up. Almost immediately following the Aug. 19 vote, a petition drive was under way to put district elections back on the ballot in November, with campaigners gearing up for the sixth election to be held on the issue since 1972.

If the initiative wins, it will be the third time in as many years that the method of electing supervisors has flip-flopped in what has been called a War of the Roses between district and atlarge partisans.

If enough signatures are gathered, the issue will share the ballot with the at-large candidates for supervisor. The results of the supervisorial race, however, will be invalidated if the district elections initiative passes.

The specter of confusion that may result from the simultaneous elections, coupled with the state of exhaustion of volunteer troops, had led some district supporters to opt for waiting until next year. David Looman, manager of the No on A campaign, said he believed the practical problems involved in mounting another campaign in the next few months would "make it an imprudent and conceivably impossible thing to do."

But others felt it imperative to strike back immediately. Bill Krause, president of the Harvey Milk Gay Democratic Club, which had organized a strong campaign effort for No on A, was fatalistic. "If we don't do it in November," he said, "we can kiss the thing goodbye."

Walter Park, president of the Duboce Triangle Neighborhood Association, said he considered it "a question of whether we can hold our breath for a year." He warned of the likelihood that a citywide Board of Supervisors, under the "St. Francis Woods form of government," would soon repeal liberal legislation that the district-elected board had



instituted, including condominium conversion and rent control laws.

- Supervisor John Bardis echoed that prediction, adding that dropping the matter, even temporarily, would risk "wasting a decade of work."

Britt, who had already collected enough signatures to run in the citywide election, said he would continue to fight for district elections. He said that even though he didn't relish the job of atlarge supervior, he was convinced he could be of more use to the district cause as a candidate than as a "lameduck non-candidate."

Supervisor Nancy Walker was still debating whether to run at-large in November. "Being a citywide supervisor is a different kind of job."



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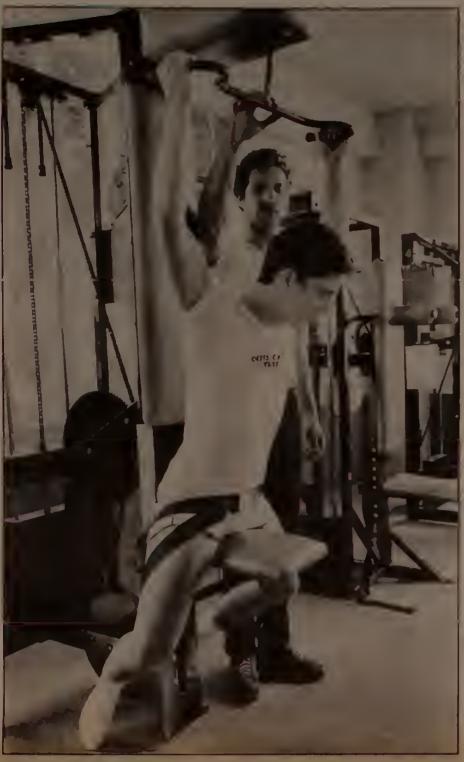
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The City Athletic Club offers a wide range of Nautilus equipment like that pictured above. Nautilus work is part of a well-rounded exercise program tailored to each inember's needs.

Strains de Gym

A Survey of Pumping Stations

By Diane Darrell

Now the Noe Valley athlete can enjoy that "pumped up" feeling and develop the physique of a Lisa Lyons or a Mike Mentzer without traveling to the Los Angeles area, long the mecca of serious body builders. San Francisco now hoasts several gyms for the man or woman who wishes to lift weights for competition or for fitness and good looks

The release of the film "Pumping Iron," starring Arnold Schwartznegger, brought respectability and a new popularity to weightlifting among those who previously dismissed it as a pastime for "dumbbells." And thanks to Lisa Lyons and other female weightlifting pioneers, the sport is becoming acceptable and even applauded for women.

In fact, a new and beautiful standard of physique for women has been introduced, displacing both the classical Venus de Milo standard and the newer svelte, semi-emaciated appearance. It is one of strong, well-defined and proportionate muscles. So dismiss those fears; weightlifting won't give you the body of a Russian shotputter on steroids.

We visited some local gyms which feature two basic types of equipment: free weights and Nautilus equipment. Both are resistance training. Free weights (dumbbells and barbells) are lifted and moved by the weight trainer, resulting in increased muscle mass and strength, as well as greater tendon and ligament strength.

Nautilus equipment is said to be more specific in isolating the muscles, requiring fewer repetitions of the exercise. The equipment is a large, stationary apparatus, so don't be intimated as the instructor straps you into what appears to be a New Wave chrome and leather witch detector.

Deciding which equipment to use is a matter of personal taste, although Jon Loyd of Gold's Gym claims there is "no replacement for free weights." He stresses, however, the extra safety and convenience of Nautilus equipment for the average exerciser. Give both types a try and decide which are most comfortable. Both will yield results when used properly.

Shake Your Gluteus

It helps for the novice to know a few of the terms for working out so that she/he can understand the language of the instructors. To begin with, a repetition (called a "rep") is one complete movement which constitutes the exercise, that is, from the first movement to its completion. Reps are repeated with no rest period.

A certain number of reps (often 8 to 15) comprises a set. Each set has a rest interval of 1 to 2 minutes for muscle recovery. One might do from 2 to 4 sets of one exercise. For example, 1 might bench press 50 pounds for 10 reps for 3 sets. That would he 30 times in all, with rests between sets.

A barbell is a long bar weighted at each end to be lifted with both arms, and a dumbbell is a shorter and generally lighter version of the barbell to be lifted with one arm Grab an anatomy chart and locate your biceps, triceps, pectorals, deltoids, abdominals, laterals, quadriceps and the gluteus maximus. These are the major muscles of the body to be worked in the initial program.

Now get your *gluteus* out the door, let your *quads* and *plantars* do the walking, and check out the gyms described below

Continued on Page 6





Local bartender Alma Willhite works out at the Sports Palace and says she loves the muscle definition it's given her, adding, "I work aut, take a sauna, and feel hrand new."

KSAN's Capen

Morning Man Speaks With Furry Tongue

By Melinda Breitmeyer

"Radio is in the hands of such a lot of fools,

Trying to anesthetize the way that you feel."

—"Radio, Radio" by Elvis Costello

"Everything Elvis Costello says is true."

-Stephen Capen

To aficionados of Bay Area music, radio station KSAN has long stood as the rock 'n' roll of Gibraltar. KSAN has been in the vanguard for over 10 years, breaking new hands into the often choppy airwaves, zeroing in on news stories too sensitive or bizarre to air on most commercial stations, and allowing disc jockeys considerable freedom despite the inhibitions of advertisers and the big cars of the Federal Communications Commission. Even the music has posed a challenge, with an early commitment to New Wave in the days when discoruled.

But in recent years, a glut of competition has threatened KSAN's supremacy. The station has also faced internal revolution, as tighter management resulted in a continual exodus of once-popular disc jockeys and news reporters.

Into this megahertz morass last January came disc jockey Stephen Capen, filling the sensitive "morning slot," from 6 to 10 a.m. And fill it he has. His show is like a stand-up comedy performance, with rock music providing the non-comic relief. (See story pages 1 and 5.)

Capen's airborne humor follows the style of the kid who laughed at the Emperor's new clothes. But if it's disarming, Capen isn't disarmed. He uses sharp satire to puncture the hot air balloons of any absurdity in his sight.

Talking about his job, seated in the spacious music library inside KSAN's "Classic Revival" building in the financial district, Capen seems to represent something of a paradox. KSAN is owned by the giant Metromedia Corporation, just the sort of Establishment dirigible Capen loves to deflate.

But in the "Control Room," a darkened cockpit lighted only by electricity, wired as if for a mad scientist and full of esoteric machines and dials for transmitting the music and the voice of the disc jockey, the corporate world fades away. Here the deejay, sitting centerstage in front of a huge micro-

phone, is the kingpin of the radio business

And it's here that Stephen Capen reigns for four hours a day, playing his own records (KSAN doesn't use engineers for that), liberally dispensing off-the-cuff commentary, and performing the comedy sketches he writes himself.

Capen is no newcomer to the spotlight. In an interview last month, he told the *Voice* he'd worked as a disc jockey for 15 years, starting at age 19 in Caribou, Maine, for \$54 a week. Since then he's mouthed off in Boston, Miami, Cleveland, Chicago, San Diego, Hartford, and Windsor, Ontario.

To get the job at KSAN, Capen risked sending the program director a threatening letter enclosing a photographic negative allegedly catching her "in a compromising position at a recent New Year's party, with a dog."



Voice: Do you have fun doing your

Capen: Yeah, I have to. If I don't, I go crazy and I want out. It's a catharsis for me, it really is. The problem I have is timetabling myself so that that's the time of day I feel the best, so I can perform the best. Sometimes at night I wish I was doing a show because I feel so open. I've always stayed up all night, and now I find myself getting up in the morning, a funny adjustment.

Voice: How do you wake up for your show?

Capen: P.J. [night jock at KSAN] calls me at 5:00, then she calls me at 5:15, then she calls me at 5:20, then she calls me at 5:24, then she calls me at 5:31. Then she calls me twice on the blue phone. Then I have six people come in and beat me up and play "Ride of the Valkyries" at a high decibel. Then they release 7,000 birds that fly through the house.

Voice: How do you wind down after your show?

Capen: I don't feel it until I'm out for about an hour. Then, if I get out in the sunshine and it's real nice out, or if I go home where it's real quiet, it's like... [sighs, seems to relax completely]. Then

I collapse on the floor. I've broken several collarbones doing that.

Voice: Are you somber when you're not performing?

Capen: Sullen is a better word. Sullen, morose, bummed. When you're performing, it's a high energy thing. So when you're not performing, you just



Noe Valley's Sieve Capen weighs himself down with vinyl in the KSAN record library whenever his vivid imagination threatens to take flight.

sit hack and vegetate and absorb...I deal with the things that happen around me, and I have to have quiet to observe them. [Capen opens his eyes wide, staring intensely, puts his hand flat on top of his head and slowly flaps it up and down like a radar receiver, while emitting a high-pitched sound.]

Voice: Do you have concepts of truth, beauty, freedom or anarchy that you try

Capen: I'm a personal anarchist, but I don't—if you can believe this—! don't know what messages are being put across when I do my stuff. I just do my stuff, I'm not preaching anything.

Voice: You don't use ethnic jokes or sexist humor, right?

Capen: I'm not into that. I'm not into bodily function jokes for the most part, you know, toilet jokes, that crap. I do use words that might offend people...

if words like nigger offend people. But I figure the people I respect, like Richard Pryor, can use these words, and I take the risk of using them. We should be beyond the point now where that should get under our skin.

Voice: Is anything sacred?

Capen: Nothing is sacred. Dead babies, throwing cats off buildings... Let's see, what's sacred? I can't think of anything that's sacred, even things I'm really behind. Let's look at the funny side of harpooning baby harp seals, there must be one. I think laughter is great medicine. It's also a better orgasm

...cleaner, less problems and you don't have to pay for it. [He laughs.] Only in the long run.

Voice: Who are your favorite comedians?

Capen: Pryor, he's the best. I always liked Lenny Bruce. Firesign Theatre. Steve Martin. Carlin. Lily Tomlin and Woody Allen, they have a serious side to them, it's tragicomedy. They're much more well-rounded than just straight comedians. It's a real humanist kind of thing. I really like very special people like that, who take the risks, who have

to put up with whatever flaws plague them, whatever ghouls plague them. It's amazing, because they really tap something in everybody.

Voice: You seem to have a high opinion of your listening audience, judging by the way your show is aimed.

Capen: Yes, I do. I think that generally they're all a bunch of brain-damaged geeks, and I think they all ought to be put in camps in Nevada and forced to listen to my show 24 hours a day, with no food. They might wake up, come around to my way of thinking. I don't like fascism...just when it serves my purposes.

Voice: How does the audience compare with other places you've worked?

Capen: This is the most vocal audience I have ever experienced in my life. I'm not sure if it's just KSAN or the city itself. I have a feeling it's the city. A lot of people call and come up with comedy sketches for me. They're great...people I've never met who call all the time and do these numbers, like Mattie Singer, my financial investor, very funny

Voice: Where's radio today?

Capen: Radio sucks. It's terrible. They go for the LCD [lowest common denominator], which is mass appeal radio. Everything Elvis Costello says is true. I think there should be more freedom in radio generally. I'd like to see radio return to some sort of mental hot-footing, and some entertaining, instead of just straight, back-announcing and drone disc jockeys.

Voice: Does KSAN give you room to be different?

Capen: They give me that space. They don't mess around with me, they're real good about that.

Voice: What's KSAN's position in progressive radio today? Has it evolved or "'de-evolved" over the years?

Capen: We're treading on sacred ground

now... KSAN has had a change. This

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KSAN's Capen

Continued from Page 4

place is still mopping up the blood after 51 people left since last July. I don't necessarily agree with all the changes... I'd like to see KSAN a little looser. Voice: Do you plan ever to publish any

of your writing?

Capen: I wrote a manuscript of stuff I've been through over the past 10 years. It's not very funny, but it's pretty wild and chaotic, and hysterically—in the true sense of the word—funny, in parts.

Voice: Do you have a publisher? Capen: No. You got one? How about we serialize it in *The Noe Valley Voice*? The working title is *She Cries*, I Get Angry, or else Shamble, an Ugly Journey to Enlightenment.

"Nothing is sacred . . . Let's look at the funny side of harpooning baby harp seals."

Voice: What about other media?

Capen: I like to do occasional stand-up work. I'd like to do more of that. I'd really like to act in film. It's my favorite medium.

Voice: What roles would you like to play?

Capen: I want to play either a gumshoe detective or I'd like to play a Billy Pilgrim kind of character. All of Kurt Vonnegut's characters are like that. He was the guy in "Slaughterhouse Five." He's one of my favorites, he's like an eternal loser, but somehow he does okay till the end when he gets the big meatball in the back of the head and somebody guns him down. He's always getting fucked by somebody though, by

the system, by people who say they love him... He lives in his own world. I really relate heavily to that character. I was an autistic child.

Voice: What about the business side, the flip side of the wild and glamourous rock world?

Capen: I hate the business side. I'm looking for an agent. Will you print that? I'm not actively looking, but I wish someone would just drop out of the sky... I'm notorious for making six appointments at the same time and not showing up for any of them. But I do send my cardboard cutout.

Voice: What's the best part of your work?

Capen: Talking to some of the people

in the business is what I like. Not just the musicians, but you get to meet people from other creative lines of work, like actors, comedians. That's the best part of it all, I think. And once in a while, there's a rare, magical concert that's great.

Voice: You live in Noe Valley, right? How do you like the neighborhood?

Capen: I like it. It's the best It's the sunbelt, and I really dig the fog coming up over Twin Peaks, that's a rush.

Voice: What would you want to he doing 30 seconds before the sky explodes?

Capen: You know what my fantasy is? I want to get married on one of the peaks in the Andes, and go through a legitimate Mayan tribal rite and chew coca leaf... But I hear they're renovating the Machu Pichu ruins. They're gonna be condos.

Staying Alive with the Jive Ninety-Five ...

Continued from Page 1

Planning a wedding reception? A stag party? Want to give them something they'll never forget? Check this out. (Wild notive sounds.) Thot's on actual Moyan Indian tribol rite, climaxed by the actual eating of a man.

At The Spectocle Store we don't futz around. We don't skimp on the special effects. You want the shower scene from ''Psycho''? Thot's genuine blood right down the droin. Cock fights, the Plague, firing squads, the Crucifixion, the Resurrection, the Seven Doy War, the Spanish Inquisition, hurricanes, catoclysms, and much, much more!''

You've become aware at some point that the mellow announcer's voice is one of the many permutations of Steve Capen's, in a perfect take-off on mass-appeal ad hype. Media sensationalism drawn to its natural conclusion. You find you're a little less groggy than a minute ago. You can count on Capen.

Turn On

He segues into "Endless Night" by Graham Parker. The New Wave energy of the song really gets you going. You're dressed and almost hopping as the music begins to fade.

Capen's there with a comment on the early hour and how good he feels. But you know it's raving sarcasm as he adds, "I got off to a great start this morning by drinking a glass of raw nerve endings." You wince, thinking how hard it must be to get to work by 6 a.m. every day.

Another polished radio voice joins Capen's, and the two bounce jokes off each other for a minute or two. It's Jack Popejoy, morning news commentator on KSAN.

Sliding into the news in a conversational tone, Popejoy manages to turn your attention to current events. His tales are spiced by brightly barbed comments and actual *jokes* (journalistic heresy!). This funny anchorman is easy to listen to, and the news suddenly seems more real.

Popejoy starts out with a poll on drug use (everybody smokes weed nowadays) and then reveals newly uncovered details about the death of antinuclear activist Karen Silkwood (a conspiracy?)—stories you know will be

buried in the back pages of the Chronicle you just retrieved from the front porch. He runs some taped interviews, asking tough questions, no marshmallow stuff, but no knee-jerk slant either.

You're still mentally on the news track through the next cut, "Tie Your Mother Down" by Queen. As the last beat ends abruptly, Capen breaks your reverie. He's got his financial adviser. Mattie Singer (pronounced Sing-gah), on the telephone.

You hear Mattie's familiar New York accent. He's telling Capen in his con man/Jewish-motherly way about the latest fly-by-night investment scheme in his flaky management of the Capen account.

Today Mattie's put Steve's money on the races. He says he's laid a few thousand on each of several long shots, such as "No Chance" in the second and "Mein Kampf" in the eighth, as well as "No Knees," "Drunk as a Skunk" and "Sit on my Face," climaxing the list with "Wet Dream."

Drop Back...

As you make coffee, you tap your feet to Pink Floyd's "Another Brick in the Wall." Then Capen is talking about a memo he has intercepted, from the KSAN union to KSAN management. He reads it over the clacking sound of a typewriter.

"Dear imperialistic management and exploiter of the mosses: It is bod enough that we have to listen to Stephen Capen. But it is an onerous, nauseating, revolting burden and on unfoir lahor practice to be also forced to look of this repulsive lockey. His visage results in decreased productivity, and ruins our coffee break. We demand the shades he drawn when Capen is in the studio. P.S. Could we pleose move the 10 a.m. coffee break back to 9:30 a.m.? Too many people complain that it is running into their lunch hour."

Some more music—a vintage Beatles tune, some Talking Heads—news again, and you're downing granola as Capen sneaks in another "commercial." This time it's for a new radio program, and he sounds like the bombastic announcers who advertise Sunday drag races. There's mariachi music in the background...

"They're back in the headlines! They're huddled in camps. They're totaling U.S. Government-issued jeeps. Yes, it's Castro's Undesirables!! Just when you'd olmost erased them from your minds, they're back in the news, in more deplorable shape than ever. Procticing for the major leagues with rocks and bottles! Spray-painting graffiti on riot shields, with slogons like "Room Service for the Cuhan 5,000" and "Let Our People Go—to the South Bronx." They're living 400 to a room, but the President decides to show them what discomfort really is by sending in 1,500 more people, ormed and dangerous!"

...And Punt

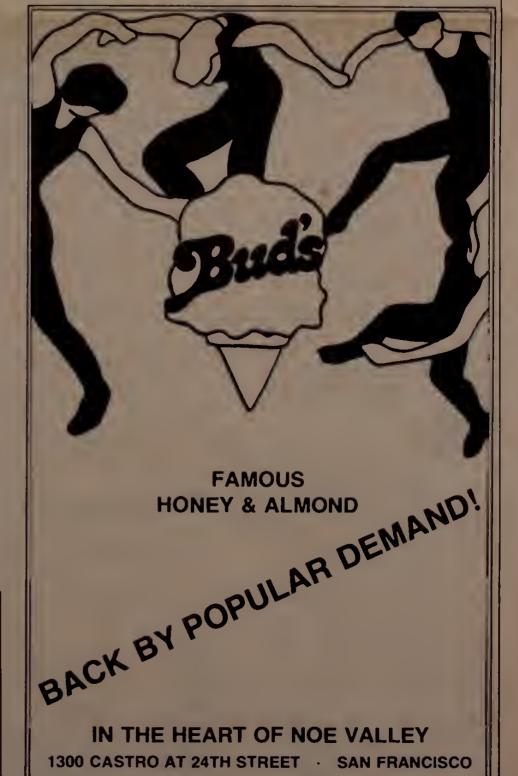
Capen routinely takes on all sides of an absurd situation, you realize, as you don your coat and eye the fog outside—will it lift? "Shoot to Thrill" by AC/DC thumps to a finish, and you

linger to hear one last Capen vignette. He delivers it in the authoritarian cadence of the politician.

"As o non-candidate for the highest orifice in the land, if elected I will issue presidential directive #69, directing all of the country's workers and their families to go immediately to underground shelters, equipped with food, water and electronic games, for the duration of the thermonuclear war, which the present administration seems determined to start. This directive would specifically prohibit all leoders, including political, military and industrial, from entering the shelters. It would mandate: they fry, we live!"

Sounds reasonable.

Shaking your head at the ridiculous pathos of it all, you flip the OFF switch on the tuner and spring, supercharged, out the door.





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Muni Update

Life in the Fast Pass Lane

If the extension of the 11-Hoffman is to happen this fall, can the electrification and extension of the 24-Divisadero be far behind?

It may be wishful thinking about the 24, but the 11-Hoffman is scheduled for extension this month as part of the second phase of Muni's ambitious five-year plan for the transit system. Four-teen lines will be altered this month, including the 11 and the 35-Eureka, although both routes will change outside Noe Valley at their terminals.

The 11-Hoffman will now go through West Portal by continuing on Portola and turning on Vicente on every run. The 35-Eureka will be re-routed to stop in front of San Francisco General Hospital, then travel to the northern side of Potrero Hill, ending up at 20th and Third Streets.

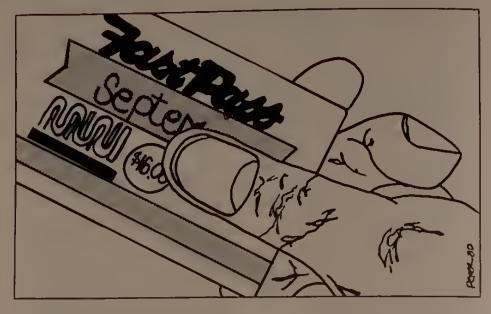
One part of Muni's proposed chang-

es proved so controversial that the Board of Supervisors decided last month to postpone its decision on the matter. It was a proposal to permanently re-route the 26-Valencia line onto Guerrero Street, and to discontinue the 26-Express

Residents and merchants along Valencia Street showed up in such force to protest the change that the supervisors deleted the section dealing with the 26 line before passing the plan. The Valencia Street proposal will now be sent back to the Public Utilities Commission for more public hearings.

In the years to come, more bus line changes are in store for the city. One that will have a considerable effect on Noe Valley travelers is the proposed electrification and extension of the 24-

Muni transit planner Susan Chelone



said the 24 changeover was expected to take place two years from now although a definite date had not been set. Chelone said the 24 and the 55-Sacramento lines were Muni's two highest priorities for converting to trolleys because hills on those routes make motor coach transit extremely difficult. Noe Valley riders

who have sweated out a stalled hus on the Castro Street hill should welcome the new electric buses.

When the 24 is electrified, its route will be extended on 26th Street to Noc. to 30th, to Mission, to Cortland and over Bernal Heights.

Keep on Pumping

Continued from Page 3

City Athletic Club

The City Athletic Club (all-male membership), at 250 Market St. near Castro, is more than a place to exercise. It also has full health spa facilities. Coowner and Manager Doug Stevens says the two-year-old club is his idea of a "well-rounded gym." The lower level of the club includes lockers, one of the largest Jacuzzi pools in the city, a cedar sauna, and the special treat of a coldwater plunge. Members can also relax in the lounge area, and then stock up at discount prices on their vitamin supplements.

The upper level is devoted to working out. The floor is divided into three sections. There is a completely equipped Nautilus area and a smaller area for free weights where the gym's 10 professionally trained instructors plan individual exercise routines for each member.

Stevens believes that a person can get a "good aerobic work-out with Nautilus equipment—good cardiovascular results when the program is followed at the right pace." In a well-rounded exercise program, emphasis is also placed on stretching, with a special stretching section in the upper level and classes available to members.

Right now the City Athletic Club has a special membership which includes unlimited use of the gym for 100 days at a cost of \$100. Other fees for unlimited use are \$325 for one year and \$500 for two years, with a discount renewal option for both memberships. Limited hours membership is offered at \$250 for one year. Club hours are from 6:30 a.m. to 10 p.m. Monday through Friday, and 9 a.m. to 6 p.m. on Saturday and Sunday.

Gold's Gym

Gold's Gym at 310 Valencia St. is affiliated with the famous Gold's Gym in Santa Monica, training ground for many competitive body builders. The co-ed facilities here in San Francisco include Nautilus equipment and a large selection of free weights. Membership is estimated to be about 80 percent male and 20 percent female. Locker rooms and showers are available.

The instructors are all competitive body builders (Gold's emphasis is on hody building, not weightlifting) and have years of experience in weight training. They give individual attention, tailoring their exercise programs to the specific goals and physical condition of each member.

Assistant Manager Loyd is enthusiastic about the growth of this newly opened gym, and hopes eventually to have professional body builders giving seminars and workshops at Gold's. Currently there are four or five serious body builders working out at Gold's, includ-

ing Mr. San Francisco of 1979, Jerry McCall, who can be found working out every day and often twice a day. He exemplifies Loyd's philosophy that "to work for a goal physically you must take many things into consideration: diet, rest...it requires a thousand sacrifices."

The Noe Valley athlete need not make a thousand sacrifices to work out and get in shape at Gold's. The gym has special introductory rates which will at least minimize the monetary sacrifice. Charges are \$5 a day, \$20 a week, \$40 a month, \$90 for three months, \$165 for six months, and \$225 for a year's membership.

The gym is open seven days a week, from 6 a.m. to 10 p.m. Monday through Friday, 8 a.m. to 6 p.m. Saturday, and from 10 a.m. to 4 p.m. Sunday.

Sports Palace

There's no doubt that the Sports Palace at 828 Valencia St. is a gym with devoted and disciplined weight trainers. Its friendly atmosphere has welcomed the quickly growing number of women trainers there.

Jim Schmidz, owner, instructor and 1980 U.S. Olympic weightlifting coach, says its membership is one-third female (many of whom are "surprised to find they enjoy lifting"), with 5 percent of all members serious body build-

ers, 5 percent serious weightlifters (including several Olympic and American title holders), and the other 90 percent weight trainers, many of whom are working towards their first competition. Schmidz feels that this type of exercise is great for health, tone and fitness, and he likes to stress the development of strength

The Sports Palace has a large number of free weights, which Schmidz feels are more adaptable to individual trainers, some Nautilus and Universal equipment, and separate locker rooms and saunas for men and women. This gym places all its emphasis on equipment and working out and little on the decor or extra comforts that some people may enjoy in a gym.

Schmidz' goal in building up the Sports Palace is to make it a gym that ''caters to all aspects of weight training.'' To this end, he hosts competitions and provides seminars for women trainers.

Schmidz recently returned from a dinner at the White House with other Olympic coaches and athletes. Asked about the Moscow Olympics boycott, he said, "I was very disappointed and wish Carter had not interfered with the organized sports program. I feel that he was wrong, but we are not giving up on the Olympic program. We are working for '84."

Fees for the Sports Palace are \$18 for a month, \$39 for three months, \$70 for six months and \$120 for a year. Discounts are available for early payments and there are no contracts. The gym is open from 10 a.m. to 10 p.m. weekdays, and from 10 a.m. to 6 p.m. on Saturdays.



Malka's Busy Bodies

A dance and fitness exercise program for all ages & levels of fitness. A complete aerobic and calisthenics workout choreographed to music.

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7

• The Magna Charter •

Remember the Charter Commission? While the grasshoppers of San Francisco politics coasted through the summer, munching on district elections and other accessible nutrients, the industrious ants on the San Francisco Charter Commission foraged among the roots of democracy to produce the revised city charter. They submitted it to Supervisor John Molinari Aug. 5 in formal signing ceremonies at City Hall.

The document, designed to reflect the eity's priorities of the 1980s and beyond, would replace the existing charter, whose value has tarnished from half a century of urban change.

Voters have the opportunity to embrace—or rebuff—the new charter if and when they show up for the Nov. 4 election.

Among the specific innovations in this latest product is a budget system aimed at more accurately counting the municipal change. Charter commissioners claim that as much as \$50 million in city expenditures goes unrecorded in the present budget process.

The new document also addresses the Civil Service Commission, the heart of the city's personnel system, and alters the posture towards labor unions affecting municipal employment. (It's still a no-no, under the revised charter, for city workers to strike.)

Voters wishing to make an informed choice on this matter might try calling Eve Pell or Ann Gonski at 552-7887.

• Walking Tours •

When your boss, girl friend or loan officer tells you to take a hike, check out the series of free walking tours through San Francisco's neighborhoods, offered by City Guides, the trained trekkers sponsored by the Friends of the Public Library.

The walks take about an hour, require no reservations, and cost less than a phone call to your cardiologist. September tours include several in Noe Valley and vicinity. On Sept. 6, go to the Mission Library at 24th and Bartlett for an Inner Mission jaunt beginning at 10 a.m., or come to the Noe Valley Library on Jersey at 2 p.m. for a trip closer to home.

The following Saturday, Sept. 13, another Inner Mission journey begins at the Mission Library at 2 p.m., while an "Upper Market Street Stairway Walk" (described as "hilly") starts at the southwest corner of 17th and Clayton Streets at 10 a.m.

Keep on truckin'.

Cultural Festival

Fans of Latin culture should stop by the second annual 24th Street Cultural Festival on Sunday, Sept. 14.

Commemorating Central American and Mexican independence, the street fair promises to be steeped in Latin American culture, with crafts, dance groups, salsa and mariachi bands, inimitable cuisine, and a low-rider exhibit.

The festival, occupying 24th Street from Mission to Potrero, begins at 11 a.m. and ends at 6 p.m. For details, call the 24th Street Merchants Association, sponsors of the event, at 282-4974.

Native attire is encouraged.



Short Takes



The San Francisca Gay Marching Band was one of the main attractions at the Castra Street Fair held Aug. 17. An estimated 35,000 to 45,000 fairgoers thranged the area around the Castro/Market intersection to sample crafts and delicacies, and boogie to the strains of the Lloyds, Sylvester, and Jane Dornacker and Cha-Cha Billy.

The new and larger location, re-routing af six Muni lines, traffic detours, and patrolling by 32 palice officers and over 200 fair monitars, all contributed to a trouble-free day.

Sun. Morning Live

A new homegrown television show has debuted amid the business-as-usual summer re-run fare. Its title is "Sunspots," airing at 1 a.m. Saturday nights on Channel 20 (KEMO). In a half-hour magazine format, the show touches on such diverse topics as politics, music, health and video art.

The premiere showing on Aug. 9 included a segment about the Haight-Ashbury Street Fair, and Sunspot's producers want to continue to feature San Francisco's neighborhoods. They're also eager for ideas, monetary support and those ever-valuable volunteers. Call (415) 863-3273 or write to P.O. Box 6229, San Francisco, CA 94101.

• Community Music •

If you've got a song in your heart, get it out. The Community Music Center at 544 Capp St. will hold its fall registration Sept. 11 and 12, 2 to 6 p.m., and Sept. 13 from 10 a.m. to 2 p.m.

The center offers classes in classical, jazz, Latin, and other musical styles for beginners or experts, and features an assortment of instrumental and vocal training.

It is open to everyone, young and old, with fees based on family income. For further information and a free catalog, call 647-6015.

And remember: practice!

Feets Don't • Fail Me Now •

Like a lot of people, you probably envy dancers. They're usually in great physical condition, with a surfeit of agility and grace and the satisfaction that follows a unique outlet for personal expression.

But if you've never tried jazz dance or ballet, you may balk at the prospect of stumbling around in front of strangers in a competitive, intimidating class.

The Beth Abrams Dance Studio, however, allows the student to pursue dance training in a supportive, noncompetitive atmosphere. A special 11-week dance workshop, from Sept. 8 to Nov. 22, features Abrams teaching beginning and intermediate jazz classes, while Jo Ellen Arntz leads a beginning ballet series, which includes floor barre.

For information call Abrams at 282-6177 or Larry Brown at 626-9479. The studio is in Suite 208, 3435 Army St., between Mission and Valencia.

• School Daze •

Hi, kids. The San Francisco Unified School District wants YOU.

SFUSD expects about 58,000 scholars, from kindergarten through twelfth grade, back in the saddle on Wednesday, Sept. 3.

If you're a San Francisco student for the first time, call the Student Assignment Office at 565-9705. They'll tell you where to go.

If you're expecting a new school assignment, your parents will be notified prior to Opening Day.

Kindergarten students should remember that you must have been born on or before Dec. 2, 1975, in order to be eligible to attend school this fall. However, if you're planning on attending kindergarten and you're reading this, you probably shouldn't be attending kindergarten.

Parents of such students, however, must supply proof of birth. Proof of immunization, for all new students, is required as well. You need a dose of each of the following vaccines: polio, DPT or TD, measles, mumps and rubella. Medical and personal exemptions will be considered.

(Immunizations are one of the many free services offered by District Health Center No. 1, located at 3850 17th St., between Noe and Sanchez. Phone them at 558-3905 for more information.)

On Opening Day, by the way, the city's schools will offer lunch. Thereafter both breakfast and lunch will be served.

Remember, if you attend school regularly and do your homework, some day you can talk good and spell acurately like the writers for the *Voice*.

Bye, kids.

• Co-op Nursery •

And for parents eager to expand their child's education *before* kindergarten, the Kids' Comer Co-op nursery at 29th and Church offers full-day sessions beginning in September. Little people from 2½ to 5 years old can attend from three to five days a week, with fees starting at \$31 per month.

Call the school at 648-7222 or Ann at 282-3332 for more details.







A profusion of colorful succulents, nested in the crevices of driftwood pieces (above) are created for sale by John Klees and Joe Michael, who make their way through the ferns and fuschias of their rooftop garden (below).





Fertile Ground

in Noe Valley



Text by Joan Shields Photos by Charles Kennard

Take a leisurely stroll through Noe Valley and neighboring blocks during the summer and you soon note the abundance of well-tended gardens. We recently talked to a few local greenthumbs and discovered that a gardener's personality and interests are rooted deep in the soil.

Success With Succulents

An overwhelming love of plants coupled with creative flair and countless long, sweaty hours have turned a hobby into a money-making proposition for two 18th Street residents.

John Klees, a shy man with a thick brown beard, and Joe Michael, his outgoing partner, move gingerly through their two crowded rooftop gardens. One false step or a sudden arm movement will send dozens of plants scattering to the street below.

Their thousands of succulents range in color from yellow to purple to orange. A few are striped. Some are shaped like pyramids, others have rectangular lines that would enchant Picasso. You pray that none are people-eaters because you are clearly outnumbered.

In the midst of all this color and confusion, Klees, who studied horticulture in Chicago, skillfully arranges a selection of succulents into the crevices of pieces of driftwood or ceramic pots and puts them up for sale. The business attracts customers by word of mouth or occasionally at a county fair or sidewalk booth.

Klees says he's never sure what he should charge for his creations. "It takes so much time to raise plants, so much work goes into it." Michael adds that gathering driftwood for the displays is a chore in itself. "We drive to the beach to collect it. On the way back, we're usually climbing up a hill and the driftwood gets really heavy. We end up opening the bag and saying, 'Now which of these don't we really want?""

Michael handles the business end of the two-year-old partnership, leaving Klees free to pursue the aesthetic side. Though Michael is not a trained horticulturalist, he is able to reel off the name and disposition of any given plant with little effort. Why such a preference for succulents? "The climate here is ideal for succulents. This neighborhood gets lots of sun," Michael said.

Klees and Michael show no signs of wanting to increase their profits by mass-producing their creations. At 33, Klees has considerable experience as a landscaper, and falls back on this profession when he needs extra money. However, he says landscaping doesn't give him the same satisfaction as working with his succulent arrangements.

When you leave the rooftop deck and are led into their private garden, you're not surprised to find an exquisite showcase of lush, healthy plants. To get to it, you pass through an enchanting pathway where pots of pink and purple fuchsias hang over your head and soft little ferms brush your legs as you walk by.

Their garden is completely enclosed by neighboring houses, and the private courtyard is ideal for nude sunbathing. A huge datura, a towering tree with white trumpet-like blossoms, grows beside their house, and next to it is an equally imposing banana tree. Primrose, impatiens, bougainvillea and tiny forget-me-nots form the garden's centerpiece.

A few feet away a well-fed cat basks in the warm afternoon sun on a narrow stone path. Surrounded by so much beauty and quiet in this green garden, you feel far removed from cars and traffic and city pressures...

A Sanctuary for Natives

Ron Wellman and Mary Crowell own a house on Noe Street that boasts a very diversified garden complete with a hot tub built for two. Herbs, flowers, ferms and Japanese dwarf trees vie for room and attention in the 25-foot square backyard.

Wellman, a 39-year-old electrical contractor is especially proud of his collection of California native plants.

Considered weeds by most people, flowers like the Lupin and the Antioch Dunes Primrose which once grew wild in California are now thinning out and may soon become extinct. Wellman's concern with the preservation of these natives leads him to comb remote parts of the state, collect seeds of endangered plants and nurture them behind his house.

Many California natives are found close to San Francisco and can be picked on a weekend hike. "Penstemon and Clarkia grow on Mount Diablo and Mt. Tamalpais, wild sage grows on Baker Beach, and Spiria can be found next to rocks at Carson Pass," he said.

Wellman is a member of the California Native Plants Society, an organization he describes as "fairly political." As well as sponsoring nature walks, the



Ron Wellman tends a Mojave cactus, which he found averturned in the desert. The garden that he and Mary Crowell have nurtured includes a wide range of endangered California native plants.

society actively lobbies the government to declare more land preserves to protect threatened plantlife.

According to Wellman, California has the most diverse flora of any state in the union and this native flora is seriously threatened. What's caused this red alert in California? "The population explosion in this century and the ensuing commercial exploitation of land through farming, grazing animals and mining has wiped out whole areas of native plants," he explained.

Also, California's weather has changed during this period. "Over the past century the climate has evolved from semi-tropical to seasons with hot dry summers and cool wet winters," Wellman said. By ignoring California's native flowers, the state's first gardeners unwittingly played a part in disrupting the territory's delicate ecological balance. "When people settled in California they were more interested in recreating fashionable European gardens, which require much more water than native plants. Water then had to be piped in to irrigate their gardens."

When not working in her lab at San Francisco General Hospital, Mary Crowell joins Wellman in tending the garden. The chives, oregano, mint, rosemary, garlic, savory, camonile and thyme she grows in her herb garden all make their way into the kitchen. Crowell also has a number of elegant bonsai (Japanese dwarf trees) that, she explained, "require constant attention and have to be pruned once a year." (The roots as well as the branches must be pruned.)

From Wellman, she recently took over 100 Mammillaria cacti that inhabit a glass-enclosed addition to the house.

Growing Roses for Noses

For some, a garden means the promise of privacy and solitude. For others like retired couple Mr. and Mrs. J. Burke, who've been living in their 23rd Street home since 1943, a garden provides a window on the world and a chance to chat with passersby. "Lots of people stop and visit and see what's new in the garden. He (Mr. Burke) gives plants away all the time," said Mrs. Burke, a friendly white-haired woman dressed in a colorful mu'u mu'u.

Mr. Burke's specialty is roses, and the long, narrow garden is fragrant with their sweet perfume. His wife is unhappy with some of the newer species of roses. "The smell is being bred out of them for the sake of color and shape," she claims.

Mr. Burke also plants vegetables,

but a bout of ill health limited his crop this season. "I got sick and the bugs got fat," he said wryly.

The showstopper in the Burkes' garden is Frosty, their 3-year-old tortoise point Siamese cat. Leaving her husband to do the mundane chore of squashing earwigs, Mrs. Burke sits back in her garden and watches proudly as Frosty terrorizes bugs and butterflies flitting among the roses.

Of History and Raccoons

"I can't get out very much any more. I enjoy my garden," said Mrs. Salomon, a spirited older woman who gets around with the use of a cane. For the past 30 years, a lovely mansion on Dolores Heights called "Casa Cielo" has been her home. Her house is a landmark in the area: it was built in 1930 by James "Sunny Jim" Rolph Jr., former mayor of San Francisco and governor of the State of Califomia from 1931 to 1934.

The garden is steeped in history as well. The towering pine trees on the property were saplings taken from Golden Gate Park and planted under the supervision of former Parks Superntendent John McLaren. The formal garden features a bronze Florentine fountain brought over from Italy during the Mussolini era. "There was all kinds of trouble getting it out of Italy." recalled Mrs. Salomon.

Led by her grey miniature poodle, Mrs. Salomon made a slow inspection of the garden. A fulltime gardener tends the immaculate grounds. A statue of St. Francis, the patron saint of animals, figures prominently in the garden; a bevy of ceramic animals—a raccoon, a horse and chipmunks—scattered throughout the garden attests to her love of animals. However, she's distressed at a live raccoon who has boldly installed himself on her property. "Oh, I'm scared stiff of raccoons," she said.

High on the hill, all is quiet except for the wind blowing through the pine trees and a bird singing out in the late afternoon. Mrs. Salomon's eyes light up: "Listen, there's one of my little birds," she said.

At the e d of the song, Mrs. Salomon excused herself, saying she felt fatigued. Before taking our leave, we discovered a little plaque surrounded by bushes that read:

The Kiss of the sun for pardon
The song of the birds for mirth
One is nearer God's heart in a
garden

Than anywhere else on earth



Mrs. J. Burke (above) enjoys the sights and smells of the rose garden she and her husband maintain on 23rd Street. Mrs. Salomon's more formal garden (belaw) features a Florentine fountain with sculpture of Leda and the Swan and the Three Graces.



Mission Cultural Center Caught In Crossfire

Continued from Page 1

Because of its shrinking budget. the center has had to rely heavily on money raised by renting its facilities to groups outside the community. In exchange for 10 percent of the gate, MCC allows groups, such as the American Indian Center, the Women's Building and the Committee of Solidarity with El Salvador, to hold social functions in the building. (The Arts Commission must first grant permission for these events to be held at the center.) The revenue that MCC receives goes for teachers' salaries, workshop materials and publicity for the center's own programs.

Members of the community have voiced objections to some of these functions, such as the recent eelebration of the Nicaraguan revolution, because, in their view, they contribute to the problems of violence and vandalism on Mission Street. They also have questioned the appropriateness of holding such gatherings, many of which they say are intended to raise money for revolutionary activities in Third World countries, in a public building supported by public funds.

Maciel disagrees, saying the MCC has no control over how other organizations use the money they raise at center functions. He also said he considered MCC an entirely appropriate place for such events since they were representative of the cultural heritage of many Mission District people.

Other individuals, who asked that their names not be used out of fear of retaliation by local youths, alleged that anti-social attitudes were encouraged by such eenter programs as the recent workshop on police brutality.

In defense of the workshop, Maciel said, "Local public resources should be used to foster community relations and to improve the overall quality of life for



Mission Cultural Center workers solicit signatures for a petition to keep the center open, in the midst of controversy over its use

the residents. Helping people to learn about their legal rights, as we did in the workshop, is in no way advocating violence.

The center itself has been a victim of vandalism. Last year one of the building's large plate-glass windows was broken by a gang of youths. The glass has still not been replaced. The window is covered by a sheet of plywood painted on the street side with a colorful mural, executed by students in MCC's graphics design workshop.

"This was the best we could do with the funds available," said Maciel, pointing to the makeshift plywood

He believes the eenter has become a scapegoat for the community's frustration over the failure of police efforts to curb vandalism and the rowdiness of street gangs. He furthermore holds the opinion that many gang members come from outside the community. "More

and more, this frustration is being focused on the center."

Some users of the center have also charged that MCC misrepresents the programs held there.

One member of a local community action group described this experience: "I took a group of small children to see a theatre program the center had advertised. When we got there, they told us the program had been cancelled. Some kind of political meeting was going on which was noisy and disorganized. People at a table by the entrance were handing out political literature. The children and I left."

Some local residents also said they had offered their services free to conduct educational and cultural workshops but had been refused space at the center. Oscar Maciel was not the center's director at the time of these alleged incidents and refused comment on them.

Carlos Baron, who is MCC's liaison with schools like San Francisco State and the School of Ethnic Studies, thinks the center has not been given the credit it deserves. He pointed to its many constructive programs, such as a summer job program for youths, workshops on music and theatre arts, and the center's participation in Project 20, a city-sponsored program that allows people to work off traffic tickets by volunteering their services in community organizations.

Baron added that MCC's income was not derived solely from space use fees. He said the center had recently received a grant from the State of California.

A meeting was held at MCC last year to give all sides a chance to air their views ahout the continuing use of the center. Despite their differences, few participants wanted to see the center closed.

In addition to members of MCC, the meeting was attended by Supervisor Carol Ruth Silver, representatives of the Arts Commission and the mayor's office, and spokespersons for the Mission Action Team, Mission Merchants Association, Neighborhood Action Coalition and RAP. At that time the community groups requested an audit of MCC's funds. They claim they have not yet been able to find out whether an audit was conducted, and if it was, what the results were.

Joan Ellison, assistant director of the Arts Commission, had no comment about the audit, but expressed support for the Mission center's policy of renting space to activist organizations, notwithstanding their political leanings.

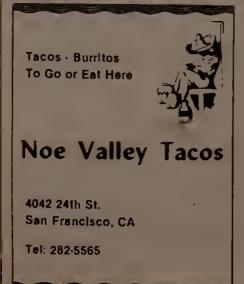
She also said that when the furniture store on Mission Street was purchased in 1977 for MCC's use, the commission was unaware that the building needed a fire inspection. Now that the center has been found unsafe, the Arts Commission plans to conduct a study to determine the extent and cost of renovations necessary to bring it and the other arts centers into compliance with fire codes. Ellison said she expected the analysis to be finished in about four months. The proposed renovations would then have to be approved by city offi-

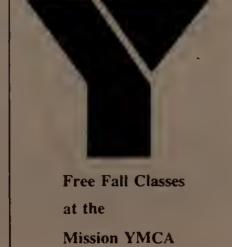
Maciel speculated that it would be at least eight months before a decision was reached on the future of the centers. In the meantime, while drifting in a sea of controversy, the cultural center will offer as many workshops as its budget can carry. Any other functions scheduled this fall will be subject to approval by the Arts Commission.





Mission District artists gather at the Cultural Center for classes, critiques and studio space

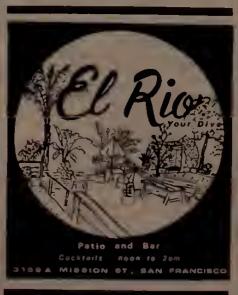




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Women-Owned Businesses Form Valencia Street Coalition

By Irene Kane

It's a typical San Francisco morning. Just maybe the sun will burn off the dismal fog. But inside the Osento Bathhouse the warmth and excitement of women sharing ideas and possibilities dispels the dreariness of the outside

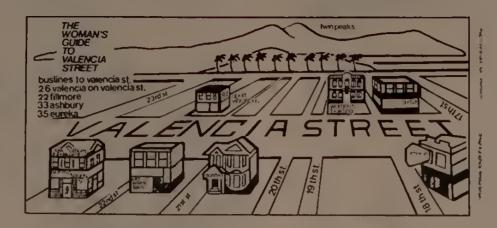
The women are Sara Lewinstein of Artemis Society, Carol Scajay of Old Wives Tales, and B. Summer of Osento. All are proprietors of their respective businesses. All share a desire to support other businesswomen and particularly the women-owned establishments on Valencia Street between 17th and 23rd.

Recently, Lewinstein came up with the idea of putting together a map showing the names and locations of women's businesses on Valencia. (See ahove.)

"It's always been my idea for women to work as a community," she said. "The map is a foundation for working together. As a group we can get further than on an individual basis."

She pointed out that although there are different political perspectives within the group, "we have gotten together; there is some unity.

Seajay believes the map has been very successful as a vehicle for promoting each other. "When people buy a book at Old Wives Tales and then realize there's Artemis, a women's cafe, closeby, they have someplace to go and read their new book." She said the map had been especially effective with tour-



One thing that the women merchants have in common is that they launched their businesses with only a small amount of capital. Old Wives Tales started with a \$6,000 loan from the now defunct Feminist Federal Credit Union. Says Seajay, "We couldn't have gotten that loan from anyone clse" four years ago. The store now boasts a \$32,000 inventory and four staff sala-

Summer also opened her bathhouse with a loan and has recently received additional support from a customer. Osento, which means "honorable bath," is styled after a traditional Japanese bathhouse. When Summer visited Japan, she brought back ideas for her own place, although "in Japan there would never be a bathhouse for women only," she admits. Her Japanese customers are surprised to find the dif-

The women are convinced they all benefit from group advertising and have

agreed to split the costs of producing the map and placing ads in publications. This fall the map will appear in the San Francisco Pioners (women's professional basketball) program.

Visions for the future include a Valencia Street Women's Fair, a Women's Merchants Association, a group health insurance plan, and fundraising events to help each other out. Already Amelia's, a leshian bar included in the map, donates its proceeds one Sunday per month to a feminist group. When Old Wives Tales moved in June, the har raised \$700 to help defray the bookstore's moving expenses. During the coming fall, Garbo's Hair Salon plans to hold a benefit hair and fashion show.

Energy and enthusiasm abound among these merchants on Valencia Street. As Seajay puts it, the emergence of the women's businesses is "a statement of power. We're trying to make spaces for other women in the world."

Fair Fees Feed Friends' Freebie Fund

Final accounting for this year's 24th Street Fair is not yet completed, but the net profits should total around \$3,500, says Walter Knoepfel, treasurer of Friends of Noe Valley.

After expenses, proceeds from the fair will he split equally between its cosponsors, Friends and the Noe Valley Merchants Association.

The two groups plan to continue their tradition of granting part of the fair money to a worthy neighborhood cause. Knoepfel said they would meet soon to determine how to award the \$1,000 earmarked for that purpose.

Last year the money was used to buy Christmas decorations for 24th Street. That decision caused some controversy, according to Friends member John Knox, since some felt the money should have been used to benefit a neighborhood group.

Knoepfel said this year's joint award would "most likely" go to a nonprofit organization in Noe Valley.

For the past two years, Friends has also used a substantial portion of their profits from the fair, in addition to the joint award, to make grants to neighborhood groups, including the Noe Valley Ministry, 725 Diamond Senior Center, and Wind in the Willows daycare center. Knoepfel said the group would probably elect to do so again this year.

A decision about the joint award was expected soon. We'll keep you posted.

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B. Summer, proprietor of Osento Bothhouse, hosts Volencia Street businesswomen Saro Lewinstein, of Artemis Society, and Corol Seajoy, of Old Wives Tales bookstore, her associates in a new coalition.









5 days a week:





Fernando Nelson: The Fruits of Frugality

This month's Artifacts continues our exploration of the working methods of Fernando Nelson, a prolific Victorian-era contractor whose firm constructed more than 4,000 homes, including many in Noe Valley. Nelson's career spanned almost a century. He built his first house on Church Street in 1876 when he was 16; he died in 1953 in his nineties, still hard at work.

In the 1890s, Nelson lived over the Castro Street hill in Eureka Valley. The towered Queen Anne he built for his family in 1897 can still be found at 701 Castro St., surrounded by clusters of other Nelson houses. Two of his sons were involved in the family business. George recalls sitting around the dining table in the front parlor helping his mother sort nails. Another important family member was Bill, a retired firehorse who was stabled in the basement of the Castro Street home. During the day, Bill hauled lumber to the job sites; at night he walked a treadmill to power a saw which cut studding and joists.

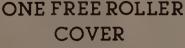
Nelson wanted to produce homes that working families could afford. Most of his customers in the 1880s and '90s were clerks, policemen, postmen, laborers and widows. He kept his prices low—from \$500 to \$2,000—by massproducing homes. He would purchase whole blocks of building lots and cover them with almost identical houses. His buyers had few choices—another way to keep prices down. They could have either paint or wallpaper in the parlor, the attic could be left raw or finished as an extra bedroom. The frugal could choose a "plain" front door for \$1.25, while another family might splurge on the \$5 "fancy" front door that you can still see at 1019-21 Castro St.

Nelson's financing methods seem refreshingly simple compared to the computerized operations of today. When Nelson agreed to sell to a buyer, he reached into his hip pocket to enter the transaction in a leather receipt book. If a trustworthy family could not find bank financing, Nelson himself would guarantee their loan at the German Savings and Loan Society at 526 California St. Nelson later boasted that his judgment of people was so sound that he never had to foreclose.

Fall Sale

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SAN FRANCISCO



Built in 1897, Fernando Nelson's family home at 701 Castro St., is a fine example of Queen Anne style Victorian-era homes. It is only one of the more than 4,000 "tasty cottages" Nelson built.

The specifications for each house were listed on a separate page in the receipt book. Here is the entry for the home at 733 Church St. which Nelson sold to carriage maker Edward O'Day in March, 1888:

\$360
\$125
\$30
\$80
\$60
\$25
\$65
\$3
\$5
\$16
\$40

The construction of the house cost \$809, and Nelson purchased the lot for \$250, making his total cost \$1,059. He sold the home to O'Day for \$1,330.

The hindsight of history permits us the luxury of looking back and examining Victorians, the major architectural artifacts of the 19th century. We can perceive patterns in format and detail and assign those patterns the names of architectural styles, such as Italianate, Gothic and Queen Anne. Now we call Fernando Nelson's homes in Noe Valley Stick style or Queen Anne, depending on their shape and embellishment. But at the time, Nelson and hundreds of other contractors at work in the city simply advertised their homes as "tasty cottages," "handsome City residences," or "convenient flats." Style names were only given to them later by historians.

Fernando Nelson was a practical man, who used his redwood signature details to identify his buildings. He didn't throw away leftover pieces just because he began to build a different kind of house. You can find a good example of this frugality if you examine the Nelson cluster at 1604 through 1618 Castro St. Note the "hutton boards," a Nelson signature detail which is a long flat piece of wood decorated by incised round buttons. The houses at 1608, 1612, 1614, 1616 and 1618 have the rectangular bay windows and false fronts which are attributes of the so-called Stick style. Their neighbors, 1604 and 1606, have the gabled roofs and horizontal decorations now associated with the Queen Anne house of the 1890s. However, Nelson built them all at once in 1892, and all have his button boards as identification and decoration. On the three intact Stick style houses, you can spot the button boards right over the entryway. Can you find them on the two Queen Anne homes?

Judith Lynch directs the City Guides, volunteer history ambassadors sponsored by the Friends of the San Francisco Public Library. To learn more about the history of houses in San Francisco, listen to "A Walk with Judith," on KALW, 91.7FM, Thursdays at 4:30 p.m. and Fridays at 10:30 a.m.







Welcome To Neo Valley By Bill Yord

Find a Need and Fill It

Finally, on the fourth ring, I located the phone under a pile of empty ether bottles and bondage Polaroids covering the light table.

"Good, uh, evening, Neo Valley Voice."

The man at the far end of the line spoke in a tired, but frantic whisper. He sounded as if he were talking through a pair of control-top pantyhose:

"Is dis the newspaper? Listen, dis is Dogleg Duke. I seen your ad. I'm ready to

Dogleg Duke at last! The classified in the Spectator paid off. Quickly I turned to Inga, our new CETA worker, who was dancing obliviously to a Pretenders tape blaring from her Panasonic.

'Turn that damn thing off!" I shouted. "I got an important call here!"

"Sorry, Mr. Kent," Inga pouted. "Is there anything else I can do now? I finished cleaning the waxer.

I needed privacy. You can't trust these illegal aliens—especially Scandinavians, or, as we say, "whitebacks" -- so I grabbed a crumpled bill from the Petty Cash shoebox and threw it in her lap.

"Take this down to Colorcrane. Here, make a dozen color Xeroxes of my Fast Pass, then go over to the bus stop at Church and off as many as you can. And this time don't take anything less than five bucks. Got it?"

"Yes, Mr. Kent."

"And on the way back, stop at Shufat's and get me a ham and swiss with everything. And a Bud."

"Yes, Mr. Kent." She stumbled out the door.

I lit another Marlboro and picked up the receiver. "Still there?"

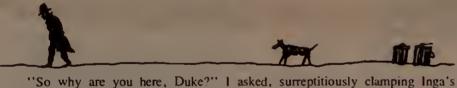
"Yeah," Dogleg Duke replied. "I was gonna hang up. I ain't got all day,

"Please," I begged, "keep talking. We want to hear your side of the story." And what a story it was. Dogleg Duke, the most feared hit man this side of Motown, was spotted by an Examiner reporter last month moving into a swank new condo on Vicksburg. The reporter was going to tell his boss at the City Desk when the editor decided to kill a story the guy had sweated a week over. So figuring to get back at his employer, he tipped off the Voice.

Then it was time for our research staff to go to work. What she uncovered was frightening. I promptly suggested that she should have her tattoos removed.

Later, I dug up the dirt on Dogleg Duke: a criminal record longer than an opera review, a list of dire deeds even the Pope wouldn't forgive with half a heat on.

And one pattern emerged from Duke's history: whenever he moved to a new town, set up shop in a quiet little neighborhood, the big wigs of organized crime were only a garlic hreath behind, ready to unleash whatever form of criminal chaos their CPAs deemed most profitable at the moment.



Panasonic mike to the phone.

He hesitated, so I pressed him: "Come to settle an old score, huh? No, I bet it's prostitution, right? Somebody's gonna rent out a meeting room at the library for 'massage classes,' right?'

"Naw," he growled, "you got it all wrong. That stuff's chickenfeed. What

they got planned is a real long-term project, heh, heh...

'I get it. It's dope, isn't it, Duke? Some fat cats in the Big Apple are melting down Middle East poppies, and they sent you out to make sure nobody messes with

"Wrong again, chump." I could hear him cleaning the scum from under his fingernails with a sharp instrument. "Heroin's too cost-intensive. Not enough markup. Besides, these guys I'm workin' for are real sickos—"
"Wait!" I broke in. "You must be talking about angel dust. PCP's the most

dangerous drug on the market! You put that crap on the street and pretty soon half the kids at James Lick will end up as science projects!"

"Wrong again, dummy. Don't you reporters know nothin'? There ain't no future in that garbage. Three or four hits and your customer ends up making ashtrays at Napa for twenty years

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Calligraphy

I could hear Duke chuckling softly at his payphone. "I guess I gotta spell it out for you, chump. You ready? S.....U....

"No!" I gasped. A cold knot of nausea broke open in my stomach. "You can't

"That's right, superscribe," Duke said.

"It's the good stuff, too. Hawaiian White. Very pure."

I was recovering from my shock. "B-but," I stammered, "they haven't started, I mean, not yet . . .

"Oh, yeah," he replied, "but like they always do, slow, at first, so nobody notices. I've been twisting arms all up and down 24th Street."

I was silent, too stunned to reply, as Duke continued:

"All those people at that joint called Panos, down at Noe? All those people who drink their coffee black?

"Ha!" Duke sounded like he was drooling. "Their coffee may look black, but it ain't as bitter as it was a month ago."



A sticky aftertaste suddenly formed in my mouth.

"And, I don't know if you'd ever think of checkin' this sort of thing, but the next time you're in the Real Food Company, look at the color of the bulk whole wheat flour. Not quite as brown as it used to be."

I thought of my eleven-month-old daughter, biting into the whole wheat bread wife Lois had so carefully and lovingly baked.

"Who are they, Duke?" I shouted at my messenger of doom. "What kind of perverts would...who's behind this filth? Is it the Brooklyn families? The KGB? You've worked for both of them before."

"You figure it out, Kent. You're supposed to be the writer. Who stands to profit, huh? Ten, twenty, thirty years down the line, when the little pinholes appear, next to the gums, then get bigger"

"Holy fluoride!" I gasped. "Dentists! And ... and Orthodontists! And ... Dental Hygienists!"

"You got it right, Mr. Media," Duke replied.

"But, Duke," I asked, "why did you call? Why'd you tell me everything? If we print this, you stand to lose almost as much as some of the kingpins.

"Well," he slowly replied, "I guess it's kind of a personal thing. It happened a couple of weeks ago. I got this impacted wisdom tooth, see? So one of my bosses, he says he'll take care of it for me. So I show up at his office, on time and all.

'Now, I'll be the first to admit, in my profession, I sometimes have to use a little bit of coercion, you know what I'm saying, to get results."

'Of course, Duke. Pain is nothing new to you, not in your line of work." "That's just it!" he shouted. "Pain! Not for pain's sake, but, you know,

logical and everything."

I was beginning to get the picture.

"Well, man, I mean, these people are into torture for torture's sake!" By the tone of his voice I could tell he had had a horrible experience.

'First they make me wait for an hour on this sticky Naugahyde couch. And there's nothing to read but a couple of beat-up old Boy's Life magazines and a 1978 U.S. News ond World Report.

I shuddered in sympathy.

"And then I go in for the x-rays and pretty soon the guy says I got a little cavity on the left side and why don't he take care of it as long as I'm there, right? Well, sure enough, a couple hours later when the novocaine wore off-Jeez, it felt like the guy used a router or somethin'. A real sadist.

'Hey listen," his voice suddenly returned to a whisper. "I gotta get off now. I just spotted some guys in a BMW with golf clubs in the back seat goin' around the

"Duke, wait! Don't hang up," I pleaded. "We can't print anything simply on the basis of what you've said. We need corroborative evidence. We need to catch them in the act.'

"Okay, listen," he snarled, "let me make this quick. I'm supposed to go to a warehouse near the waterfront tonight. One of the head honchos of the Hygienists Union is gonna be there, along with the Oahu connection and about five thousand gunny sacks-'

A car door slammed in the background.

"Wait, you guys, hold on! I didn't say nothin'." I heard Duke's frantic pleas as I listened, helpless.

"Put down that drill! Stay away from me with that little mirror! I'll do anything, I promise, 1 promise, 000AAAAOOOOGGGGGG!!!" The line suddenly went dead.

I could almost smell the Listerine





DOUBLE RAINBOW 3933 24th St. 285-0100

To those who climb the pinnacles of oral gratification, ice cream is often regarded as the Mt. St. Helens of munchies. The vision of a glacier of nirvana, erupting strawberry topping, clouds of whipped cream or molten fudge, sends shudders through even the most earthhound of sugar-eschewers.

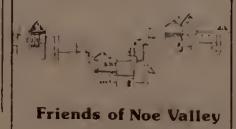
If you've just finished an evening of non-stop shakin' at X's and your parched palate needs a cold shower, you may soon tune your fantasies to Double Rainhow, a gournet ice cream stand which is fighting its way through the city bureaucracy to an imminent opening on 24th Street, and an ultimate niche in the hearts of Noe Valley's guilty thousands.

Owners Steve Fink and Michael Sachar make the stuff from scratch in the San Joaquin Valley. Their thick, chewy product evolved from a recipe over a year in the making.



Offering Swedisher Shatsamassage by appt
Outdoor hot trib are divood deek
Redwood samia
4026* 2 24th St 524,7773
(Between Noe& Clastro)
Bring in this ad for \$1.00 off on bot tub
50 cents off on samia





General Meeting Sept. 11 at 8:00 pm Noe Valley Library

For membership send \$4.00 to: 875 Castro Street San Francisco 94114

Storetrek

Beneath the rainbow-dominated decor, customers must choose from the various ice cream flavors, Alta Dena frozen yogurts, cakes, espressos, juices, egg creams, and Lathy high-protein shakes. Life is tough.

Don't tell anyone, but if you visit Double Rainhow on a full moon and an empty stomach, and mention the lunar condition, you might get a free topping.

Hours: 11 a.m. to midnight, every



DANISH DELIGHTS 4104 24th St.

charters

Designers Christen Hennier and Liz Madsen, along with Jim Prody, bring their custom clothing expertise to a new branch on 24th Street. Already operating a store in Denmark, the partners serve an international clientele with clothes made in both Denmark and Pakistan.

Danish Delights specializes in crepes de chine and silks; shirts can be made to order from their selection of Parisian fabrics.

Hours: Monday through Saturday, 10 a.m. to 6 p.m.



SEA BREEZE CLEANERS 1302 Castro St. 824-5474

When your Double Rainbow double-dip drips down your Danish Delights designer dress, don't despair. Remove these clothes, preferably at home, and give them to Jim and Lisa Yip, the new proprietors of Sea Breeze Cleaners. If you drop off your threads by 1 p.m., they promise you can get them back in three hours.

cruises

tours

AIRLINES TICKETS ANYWHERE

DIAMOND HEIGHTS

groups

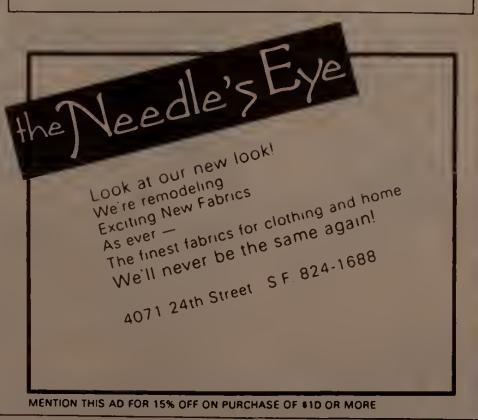
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DR. RICHARD L. JONES

Announces the Opening of his Office for the practice of Optometry.

4110 24th St., San Francisco 282-1366

Eyes Examined Contact Lenses Glasses Open Sundays



The Yips, benefiting from Jim's 15 years in the business, already operate the Family Cleaners on Divisadero.

They've replaced all the old Sea Breeze equipment with new cleaning machines, and offer alterations, pillow and drape eleaning, and laundry services for their customers.

Hours: Monday through Friday, 7:30 a.m. to 6 p.m., and Saturday, 9 a.m. to 6 p.m.

ELAINE'S 4106 24th St. 285-5588

"There is money in your closet," says Elaine Greenberg, a former school teacher who recently opened a next-to-new clothing store on 24th Street near Castro. The shop offers substantial savings to consumers while giving consignment sellers an opportunity to convert yesterday's styles to cash.

She recycles only recent fashions in top condition, with a marketing approach more in tune with a boutique than with a thrift shop.

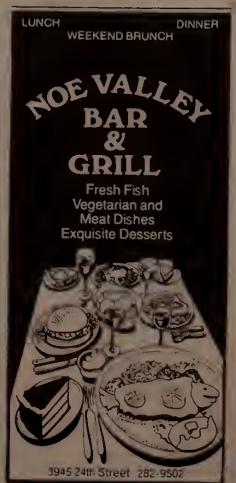
Women's and juniors' shoes, scarves, jewelry and accessories, along with clothing, are available to the economy and stylc-eonscious Noe Valley shopper.

Hours: Tuesday through Friday, 10:30 a.m. to 6 p.m.; Saturday, 10:30 a.m. to 5 p.m.; Sunday, 12 to 4 p.m.



Photos by Marc Simon





CLASSIFIEDS

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SHARE RENTAL. Two-bedroom. Inner Mission flat. Fireplace. Newly painted. Prefer employed femole or male 30 plus. No pets. \$187.50 1st ond last plus \$60 deposit and utilities. Coll Jack, 861-6103. 9-5 weekdays.

BLACK & WHITE MEN Together (on interraciol support group for certain goy men and their friends). Write BWMT, 279 Collingwood, Son Francisco, CA 94114, or contoct Harold, 821-9220, or Allen. 826-7116.

CLEANING/YARDWORK: Houses, flats, offices. Meticulous, efficient, reosonable, reliable, 587-7210 or leove message.

ELECTRIC ARIES. Separate meters. Circuit breokers. City code. Victorian re-wiring (neot ond concealed) flots and houses. Bonded license. John Peters, 824-1114.

WANT TO LOSE WEIGHT and keep it off...pointessly, quickly and nutritiously? Then coll 648-1913 today.

KIDS CORNER Cooperative Nursery School on 29th ond Church Streets has openings for full time (9:00-4:00) Non-Participating families. Children 3-5, \$190 month, no work doys. Coll 648-1684 or 648-7222.

VOICE TEE-SHIRTS. Wear the tee-shirt with the logo of your neighborhood newspoper. Shirts ore oll cotton, black with white logo or red with hlack logo, in men's sizes s, m, ond 1. \$6 each. Send check or money order to The Noe Valley Voice, 1021 Sanchez St., Son Froncisco 94114.

AOVERTISING IS RIDICULOUSLY CHEAP in the Classifieds section of The Noe Valley Voice. A mere 10 cents o word. Send copy ond check or money order to The Noc Valley Voice, 1021 Sanchez St., San Francisco 94114 by the 15th of the month before the issue you wish to advertise in.



Meat Me at Ver Brugge's



For 35 years. Noe Valley residents have been served by the friendly stand-up butchers of Ver Brugge' Meot Morket. Fresh fish and smiles are served up promptly to a steady, loyal clientele by (left to right) Tom Corroll, Joe Hoyt and Bud Norman. Ver Brugge's is locoted of 3939 24th St. between Noe and Sanchez.

Films are st Ministry, 102 Sept. 5 Sept. 12 Sept. 19 Sept. 26 Moe avitea cimen

Films are shown Friday evenings at 8 p.m. at the Noe Valley Ministry, 1021 Sanchez St. at 23rd Street.

Evening of documentaries on Picasso, including "Picasso: Artist of the Century" and "Picasso Is 90."

Leni Riefenstahl's "Olympia, Part 1," (Festival of the

Nations), a study of the 1936 Berlin Olympics.

Leni Riefenstahl's "Olympia, Part 2" (Festival of Beauty).

Joy Batchelor and John Halas' "Animal Farm," from the book by George Orwell; plus "History of the Cinema." Sept. 26

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WEDDINGS PORTRAITS

PHOTOGRAPHER

irene kane 285-0383







San Francisco 824-0446



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GARDEN DELIGHTS

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1236 Castro St. 647-4304 MON-FRI 9-6 **SAT 10-4**

Sept. I-15: Show of drawings hy local artist Kit Cameron. Cafe Metropole, 1361 Church

Sept. 6: Neighborhood history walks led by Judith Lynch. Noe Valley: Meet at the library, 451 Jersey St., at 2 p.m. Inner Mission: Meet at Mission Lihrary, 24th and Bartlett Streets, 10 a.m. Free

Sept. 7: Free jazz concert with performances by jazz/funk group "Goteha" and Harold Bradford Trio. Potrero Hill Neighborhood House, 953 De Haro St. 2 p.m.

Sept. II: Friends of Noe Valley annual general membership meeting. Steering Committee, 7 p.m. Election of officers and business meeting, 8 p.m. Candidates' Night for judgeships and Board of Education, 9 p.m. Public invited to all segments. Noe Valley Library, 451 Jersey St.

Sept. 12: "Chile Presente: Images of Betrayal and Defiance," an exhibit of 12 Latin American artists. Galeria Museo, Mission Cultural Center, 2868 Mission St. Reception Sept. 12, 7 p.m.: Live music, refreshments, and multi-media presentation by the Orlando Letelier Mural Brigade of their recent trip to Nicaragua. Exhibit shown Sept. 5-30. Gallery hours: Mon.-Sat., 11 a.m. to 8 p.m.

Please send CALENDAR items before the 15th day of the month preceding month of issue Io The Noe Valley Voice, 1021 Sanchez St., S.F., 94114.

ONGOING EVENTS

NOE VALLEY MINISTRY, 1021 Sanchez St., 282-2317

Workship celebration, Sun., 10 a.m.

• Noe Valley Co-op Nursery School, Mon. Fri., 9 a.m. - 12:30 p.m.

Paideia University, 221-1112.

• Word and meditation. Mon.-Fri., 8-8:30 a.m.

• Exercise (t'ai chi style). Mon.-Fri., 8:30-9 a.m.

- Aerobic conditioning, Mon., Wed., Fri., 4:30-5:30 p.m. Fee, Starts Sept. 15.
- Mime with Jean Crossman (Mimesis). Mon., Wed., 7-10 p.m. Sept 8-Oct. 15. Fee. • Self-Defense for women, Mon., 7:30-8:30 p.m. Sat., 1-2 p.m. 8 weeks. Fee.
- Lunch especially for seniors. Tues., Thurs., 1 p.m. 50¢ donation.

Art for seniors. Tues., Sept. 9 and 23, 1:45 p.m.

- Escrima (martial arts). Tues., 5:15-8:15 p.m. Fee.
- Draft registration/c.o. counseling. Tues., 7-9 p.m. Starts Sept. 9, 282-2317.
- Soup lunch. Wed., 12:30 p.m. Starts Sept. 17, 50e.

Yoga, Wed., 6-7;30 p.m. Starts Sept. 10. Fee.
Intermediate karate. Wed., 7:30-8:45 p.m. Sat., 11:30 a.m.-12:45 p.m. Fee.
Current events seminar. Thurs., 1:30-3 p.m. Dr. Mark Sharron.

Legal assistance for seniors, Thurs., Sept. 11, 1:45 p.m.

• Jazz exercise led by Dolores Shadel. Thurs, only through Oct. 31, 6:15-7:30 p.m. Fee.

• Greek and Israeli folk dancing led by Saul Fenster. Thurs., 7:30-9:30 p.m. Fee.

• Noe Valley Cinema. Fri., 8 p.m. Fee.

• T'ai chi chuan. Sat., 10-11:30 a.m. Fee.

• Arts Forum Autumn Invitational Art Exhibit Opening Reception. Sun., Sept. 28, 4-6

SAN FRANCISCO HOME HEALTH CENTER, 225 30th St.

- Sept. 4: Discussion on influenza vaccine program, 10:45 a.m.
- Sept. 11: Slide show and speaker about center programs, 10:45 a.m.
- Sept. 18: Speaker Christine Vinson, social worker, 10:45 a.m.
- Sept. 25: Speaker Sally Holland, registered nurse, 10:45 a.m.

YMCA MISSION, 4080 Mission St., 586-6900

September classes for seniors:

- Dressmaking, Mon., 9:30 a.m. 3:30 p.m.
- Current Events, Tues., 9:45-11:45 a.m.

Exercise, Tues, 1-3 p.m.

- Ceramics. Wed., 9:30-12:00 a.m.
- Drawing and Painting, Thurs., 9:30-12:30 a.m.

OPTIONS FOR WOMEN OVER FORTY, The Women's Building, 3543 18th St., 431-6944

• Sept. 13: Shared housing workshop, 1-6 p.m.

- Sept. 26; Benefit performance "From a Button Jar" by Barbara L. Starkey, 8 p.m. \$2-\$4.
- Oct. 4-5 and 18-19: "Adventures in Attitudes" workshop. Oct. 4-5 for women only; register by Sept. 15. Oct. 18-19 for men and women; register by Oct. 1. 9 a.m. to 9 p.m. on Saturday and 9 a.m. to 6 p.m. on Sunday. \$50 for two days.

COMMUNITY MUSIC CENTER, 544 Capp St., 647-6015

Sept. 11-13: Registration for fall music classes. Sept. 11 and 12: 2-6 p.m. Sept. 13: 10 a.m. to 2 p.m. Anew address! 14 Precita St.

- S.F. WOMEN'S HEALTH CENTER, 37 282-6999

 Sept. 10: Update on IUDs and other contraceptives, 7-10 p.m. Call for location, \$7.50.
- Sept. 13: Fertility awareness/natural birth control all-day workshop. Call to register. \$25.
- Sept. 13: Hysterectomy information/counseling, 10 a.m. -1 p.m. at 141 Fairmount \$10.
 Sept. 20: Menopause and midlife, 4-week senes, 10-12 a.m. Call to register, \$20.
- Sept. 27: Seminar for health workers: Working with Spanish-speaking Pregnant Women, 10 a.m. -4 p.m. Call to register. \$15

SAN FRANCISCO REPERTORY, 4147 19th St., 863-4859

Sept. 18-Oct. 12: "Wings" by Arthur Kopit Previews Sept. 11-14. Call for reservations.

EUREKA THEATRE COMPANY, 2299 Market St., 863-7133

Summer Experimental Festival. Sept. 4-7: "Spaced Out" by Les Nickelettes, 8 p.m. Voice Farm and Inflatable at Late Show, Friday and Saturday only, 11 p.m. Sept. 11-14: "Same Jeans" with Robert DiMatteo and Sigrid Wurzschmidt, 8 p.m. Eye Protection and Boh (the band) at Late Show, Friday and Saturday only, 11 p.m. Call for reservations.

CESAR'S PALACE, 3140 Mission St., 826-1179

• Sept. 3-7: Orquesta "Broadway." Dancing after hours, Fri. and Sat., 9 p.m. to 6 a.m.



Drawings by Kit Cameron, produced while she was in India, will be on display at the Cafe Metropole, Church Street near Clipper, until Sept. 15. The drawings include portraits ond scenes of Indian life.

Sept. 12: "Self-Portraits by Chicano/Latino Artists," exhibition of over 30 self-portraits. Galeria De La Raza/Studio 24, 2851 24th St. Reception Sept 12, 7-10 p.m. Show runs Sept. 12 to Oct. 12. Gallery hours: Thurs.-Sun., 1-6 p.m.; Mon.-Fri., 12-6 p.m.

Sept. 13: Neighborhood history walks. Inner Mission: Meet at Mission Library, 24th and Bartlett Streets, 2 p.m. Upper Market Street Stairway Walk: Meet at southwest comer of 17th and Clayton Streets, 10 a m.

Sept. 13 and 14: Eighth Annual San Francisco Blues Festival. Golden Gate Park Bandshell, noon to 6 p.m. With John Lee Hooker, Percy Mayfield, Sonny Rhodes and others. Call 647-9591 or 431-8653 for more information.

Sept. 14: Secund Annual 24th Street Cultural Festival, 24th Street between Mission and Potrero Streets, 11 a.m. to 6 p.m. Folklonic dance groups, salsa and mariachi bands. disco, low-rider car show, arts, crafts and food booths. Sponsored by 24th Street Merchants Association

Sept. 19: Evening of jazz, latin funk and originals by Bonnie Lockhart, Susan Colson, Joan Lefkowitz and Naomi Schapiro (formerly of Berkeley Women's Music Collective, Baba Yoga, Rosie and the Riveters and About Time). The Artemis Society, Valencia and 23rd Streets, 9 p.m. \$3.







PREGNANCY POEMS

Lam rooted To the earth; I have become The rock Around which Others move.

Everything in nature Reproduces constantly and profusely. Is it really only people Who feel pain Bearing and caring For our children?

Does it hurt the flower To give forth seed? Or the bug—the grub? The fish—the egg?

Does the mother jay, Annoyed by the raucous chatter Of her young Wish she'd had an abortion instead?

Does the bear Coming home to his lair Sigh with weariness Al the mess his cubs have made?

Does the whale Long to swim off to a new sea Leaving her young rascals To fish for themselves?

Who can say How different our world Would be If trees had Birth control.

By Lynn Rogers